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Bangalore Mirror

TEMP Max 27 | Min 16 | Humidity 44% Partly Cloudy Sensex 75,366 | Nifty 22,829 | Gold 79,991 | Silver 90,883 | Dollar 86.34 | Euro 90.76 | GBP 107.94

SOUND ADVICE

Traffic police use innovative slogans, campaign to drive home the point of no-honking to those behind the wheel

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SPACED OUT

No trading licences for shops, business establishments located in residential areas with roads less than 40 feet wide

PAGE 6

As surveillance cameras support traffic policing in city, we discuss how presence of officials still proves indispensable in cases, especially when they go beyond call of duty

BOOTS ON THE GROUND

Motorists less likely to engage in risky behaviour when they spot cops

Atiya Firdos
c-syeda.atiya@timesofindia.com
TWEETS @BangaloreMIRROR

Have you ever skipped a red light, ridden without a helmet, or taken a risky turn only to slam on the brakes when you spotted a traffic cop ahead? That split-second decision to follow the rules isn't just instinct, it's the power of a cop's presence on our roads. While surveillance cameras are effective in capturing violations, the sight of a traffic cop actively monitoring the streets is often enough to deter even the most daring rule-breakers.

Traffic police officials have noted that their vigilance not only enforces discipline but also ensures immediate action during emergencies, making them an irreplaceable part of traffic management.

Drivers are far less likely to engage in risky behaviours, such as jumping red lights, riding without helmets, or tampering with number plates, when they see a traffic cop actively monitoring the area, experts say. This is elucidated during traffic enforcement drives, where thousands of violators are booked, sending a strong message about

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"We prioritise deploying traffic cops during peak hours and on busy roads because our manpower is limited. And with the growing population and increasing number of vehicles, it will never be enough

— Siri Gowri, DCP Traffic North

Such a terrible waste

38% of biomedical waste generated in state left untreated

Garima Prasher
garima.prasher@timesofindia.com
TWEETS @BangaloreMIRROR

Karnataka has a gap of more than 28,000 kg per day in the treatment of bio-medical waste (BMW), according to official estimates. The total BMW generated in the state in 2023 was 74 tonne per day. However, only 45.7 tonne was treated (61.8%) at the 1,607 treatment facilities.

This gap has almost tripled compared to the previous year. In 2022, Karnataka generated 78.4 tonne of BMW every day and treated 70 tonne (nearly 90%), which means that the gap in treating daily bio-medical waste has increased from 10% to 38% in the state.

According to the report from the Central Pollution Control Board (CPCB), Karnataka is also the third largest producer of bio-medical waste, only after Uttar Pradesh (99.12 tonne/day) and Maharashtra (77.86 tonne/day). However, both states are treating 100% of this harmful waste being generated. The only state with a bigger gap than Karnataka between generation and treatment is Bihar.

Experts say that hazardous waste components of bio-medical waste can pose a risk to human health and the environment if not properly treated. Used syringes, discarded with municipal waste pose the risk of sharp injuries among waste collectors

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THINGS TO DO

01 Are you confused?

Alchemy Theatre Society is here with a new play, I Wasn't Born Confused, directed by Mihir Deshpande. It is a humorous exploration of why many young people today feel uncertain about marriage. It delves into how past conditionings—shaped by parents, family, and societal influences—play a pivotal role in creating this confusion.
Where: Jagriti Theatre, Whitefield
When: January 31, 7:30 pm; February 1, 3:30 pm & 7:30 pm

02 Self-care through art

'Aaraam-a?' Outreach event exploring self-care through art. It is a 90-minute workshop for ages 16+ in conjunction with the ongoing in-house curated retrospective exhibition 'Namma Mestru: The Artistic Voyage of JMS Mani (1948-2021).
Where: National Gallery of Modern Art
When: January 31, 4 pm to 5:30 pm

03 Golden celebration

Meera Tarangini: Celebrating 50 glorious years of Tarangini Arts Foundation's dedication to promoting and preserving the rich heritage of Indian classical music with a soulful journey through the timeless Meera bhajans, brought to life by a spectacular 50-member instrumental musical ensemble.
Where: Chowdiah Memorial Hall, Vyalikaval
When: February 2, 6 pm

04 Rack your brain

Woven with humour and satire, 'Kranthi Banthu #Kranthi' by team Kalavilasi offers ample entertainment while provoking thought. The play has been adapted to the present times from P Lankesh's original 'Kranthi Banthu Kranthi,' first published in 1971.
Where: Ranga Shankara, JP Nagar
When: January 28, 7:30 pm

HC reserves its verdict on MUDA case probe transfer

Court deliberates transfer of investigation to CBI, extends interim directive preventing Lokayukta police from submitting their report until final judgement

Bangalore Mirror Bureau
mybangaloremirror
@timesofindia.com
TWEETS @BangaloreMirror

File photo of MUDA office

The Karnataka High Court on Monday reserved its verdict regarding a petition seeking to transfer the Lokayukta police investigation of the alleged MUDA "scam," involving Chief Minister Siddaramaiah, to the Central Bureau of Investigation.

Justice M Nagaprasanna, after hearing all parties, reserved the order and extended the interim directive preventing Lokayukta police from submitting their report as per the trial court's instruction until the judgement pronouncement. Senior Advocate Maninder Singh, representing petitioner Snehamayi Krishna, stated that potential accused individuals have no right to select their investigating agency. He noted identical notes from three authorities—Cabinet, Chief Secretary, and Legal Department—in previous proceedings, indicating a unified approach to protect the Chief Minister.

Singh cited Supreme Court precedents, emphasising that when high-ranking officials are involved, independent investigation serves public interest. He argued that the current situation warranted a CBI investigation to ensure justice, given the involvement of state functionaries.

Senior Advocate Dushyant Dave, appearing for original landowner Devaraju J, opposed the petition, noting it was filed within an hour of the Lokayukta police registering the FIR on September 27, 2024. He questioned the timing and highlighted the decade-old documents being presented now. Dave argued that the petitioner had initially supported Lokayukta court proceedings but now sought CBI investigation, suggesting this demonstrated inconsistent conduct. He emphasised that the petitioner was impeding the investigation while seeking convictions.

> **"When high-ranking officials are involved, independent investigation serves public interest. Current situation warrants CBI probe to ensure justice**
> –Senior Advocate Maninder Singh

Senior Advocate Kapil Sibal, representing the state government, explained that investigation transfers typically occur after both parties are aware of the investigation's progress. He challenged the petitioner's premise that state involvement automatically disqualified local investigation, noting this would render the Lokayukta act unconstitutional.

SC stays HC order in election petition case

The Supreme Court has served notice regarding a special leave petition challenging the Karnataka High Court's ruling, which maintained its authority to adjudicate caste claims in election petitions despite the Karnataka SC/ST/OBC Act.

Justices Surya Kant and Nongmeikapam Kotiswar Singh granted an interim stay on the ongoing Election Petition proceedings at the HC. The Court stated, "Counter affidavit, if any, be filed within two weeks. Rejoinder, if any, be filed within one week thereafter. Meanwhile, further proceedings in Election Petition No. 19 of 2023 shall remain stayed." The petitioner was represented by AOR VM Kannan, whilst Senior Advocate Pramila Nesargi appeared for the respondent. The Court ordered, "Issue notice, returnable on February 14, 2025."

On December 13, 2024, the HC determined that the Karnataka Scheduled Castes and Scheduled Tribes and Other Backward Classes (Reservation of Appointments, etc.) Act, 1990 does not restrict the HC's authority in resolving election disputes concerning a candidate's caste status. Thus the court rejected an application seeking dismissal of an election petition that questioned B Devendrappa's caste status, who won from Jagalur Assembly Constituency.

Academic decisions at standstill without council members

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

The state government, which recently appointed members to the syndicate of universities, is now facing delays in appointing members to the Academic Council, leading to obstacles in decision-making related to academic matters at universities.

In the state, there are 41 universities, including those focused on health and science. Apart from the vice-chancellor, departmental heads, and elected members from the Legislative Assembly and Council, the government is tasked with appointing three nominated members to the syndicate. In August, the government issued orders to appoint 80 syndicate members across 13 universities, but the process has not moved forward smoothly, allegedly due to a lack of academic participation in the appointments.

Sources said that the syndicate members play a pivotal role in university governance, but it is the Academic Council members who play a central role in educational decision-making. Every month, the Academic Council of each university meets to discuss issues such as syllabus changes, internal grading, and other educational matters. These meetings are crucial for shaping the academic future of the students.

The Academic Council plays an essential role in students' welfare

Student appointments still pending

Additionally, the vice-chancellor of each university is required to appoint six students as academic council members. However, it is alleged that the vice-chancellors have expressed reluctance, leading to dissatisfaction among students.

"The Academic Council members play an essential role in making decisions related to student concerns. The appointment of students to these councils would allow them to directly present their issues at the meetings, ensuring that their voices are heard in academic decisions. The delays in these appointments are hampering the overall functioning of universities and the ability of students to directly engage in discussions about their education," said a student activist.

These six students must represent various fields, including undergraduate (UG), postgraduate (PG), professional courses, National Cadet Corps (NCC), social service, and sports. There is a mandate to include at least one female student and one research scholar among the appointed members. However, it is reported that many universities have either appointed only one or two students, or in some cases, have not appointed any at all.

Man has tricky ticket booking experience

Complaint lodged with police after man's bank account, mobile phone hacked while booking train tickets

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

Here is a cautionary tale for all of us who place all our trust in employees who are outsourced to maintain apps of government departments. A recent incident of hacking of a railway passenger's mobile phone throws some light that all is not well with the outsourced employees managing the apps of government departments, including Indian Railway Catering and Tourism Corporation (IRCTC).

The IRCTC may be trustworthy or responsible for the railway passenger's trouble or loss, but it was an outsourced employee, who allegedly colluded with hackers to make a passenger's life miserable.

It is the plight of Mohan Krishnan Nair, a resident of Bengaluru, who had to undergo trauma and pressure when he came to know that his mobile phone was hacked by a fraudster with the help of an outsourced employee working at IRCTC.

Nair told BM that he has been a regular user of IRCTC portal and mobile app. He said he does all his monthly ticketing with the app. "My last booking done through the website was on January 12, 2025."

Trouble began when he was suddenly unable to log into his account. He wrote to the help desk: "Since 16th Jan, I am unable to login to both portal and mobile app. It says User is disabled. I called the helpline & they asked me to report on equery.irctc, which I did. I have reported both through an app and web portal."

Nair said that he received a reply on January 23 from Suman Taj, a customer care executive stating that they have forwarded the issue to the department concerned . "You will receive a reply in this regard shortly. Thank you for your patience and understanding,'' the e-mail from Suman Taj read.

However, the problem remained unresolved. On January 25, Nair sent an email to ticketadmin@irctc.co.in stating that he received a call from someone posing as IRCTC helpline & he referred to his complaint. The person who called him knew that Nair had raised a complaint to IRCTC.

"He asked me to open my mobile IRCTC app and gave me instructions so as to resolve the above issue. He guided me to equery.irctc.co.in and asked me to fill in necessary details and Submit. The Submit option failed. He then asked to check whatsapp where he had forwarded an Update. He asked me to click on Update and Open the page, fill in my name/contact details, payment mode used on IRCTC etc."

Man was trying to get issue with railways app fixed, when he was put in touch with outsourced staffer, who gained access into his bank account, pilfered some amount before the account could be blocked

After doing that, Nair's complaint was resolved. His user ID became active and he could login to IRCTC mobile app and website. What followed next, however, is what flummoxed him. "Then I realised the caller had withdrawn Rs 500 each in two transactions from my bank account. He made five more attempts to withdraw Rs 5,000 each. But I had by then transferred all the balance from my hacked account," he said.

In an email to IRCTC, Nair wrote: "The IRCTC helpline caller resolved my issue. But my bank account and mobile were hacked. Is IRCTC official helpline staff conniving with cyber hackers?'' Finally, the victim lodged a complaint with Pulakeshinagar Police.

Around 50 e-bikes gutted in showroom fire

A massive fire broke out at the Okinawa Electric Bike Showroom in Rajajinagar, near Kanna Hospital, on Sunday afternoon, causing extensive damage to the building. Around 50 bikes stored inside were damaged. The fire quickly spread, engulfing the entire showroom and resulting in significant financial loss, with several bikes reportedly burnt to ashes.

The staff at the showroom quickly evacuated the premises as the fire spread, avoiding any casualties. Upon receiving the distress call, the fire brigade and police rushed to the scene. The police officials also arrived promptly and helped manage the situation, ensuring the smooth flow of traffic in nearby areas.

While the exact cause of the fire is yet to be confirmed, preliminary reports suggest that it may have been triggered by a short circuit.

Authorities are investigating the incident, and the extent of the damages is still being assessed. There were no reported injuries or fatalities in the fire. **BMB**

Potato-onion traders balk at Dasanapura APMC shift

Dasanapura APMC market lacks basic infrastructure, adequate space to conduct business, will have logistical hurdles: Traders oppose relocation of onion, potato sales from Yeshwanthpur APMC Market

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

The Agricultural Produce Market Committee (APMC) administration has decided to relocate onion and potato traders from the Yeshwanthpur APMC Market to the Dasanapura sub-market. To facilitate this move, the administration has issued a notification removing onions, potatoes, garlic, and ginger from the list of regulated commodities permitted to be sold at the Yeshwanthpur market.

It was observed that despite opening the APMC market at Dasanapura (near Huskur, off Nelamangala Road), not many traders were willing to relocate to the new location. An official said, "Six years ago, traders were directed to shift to the Dasanapura market due to increasing traffic congestion around the Yeshwanthpur area. While 150 traders complied with the directive and moved to Dasanapura, around 300-350 traders have continued to operate at Yeshwanthpur, refusing to relocate. These traders have even approached the courts to challenge the directive."

File photo APMC Market in Yeshwantpur

Why are traders unwilling to relocate?

On the other hand, traders argue that the Dasanapura market lacks basic infrastructure and adequate space for conducting business. The shops are small, and the overall environment is not conducive to trading, according to the traders. "If we are to move to Dasanapura, APMC must provide facilities and infrastructure similar to what we have at Yeshwanthpur," said B Ravishankar, Secretary of the Yeshwanthpur Onion and Potato Traders' Association.

> **We were allotted shops six years ago, & now APMC wants us to vacate & relocate them. We are ready for any fight, but we will not give up our shops** –Srirama Reddy, trader

The relocation plan was initiated to address traffic congestion caused by the daily influx of hundreds of trucks transporting onions and potatoes to the Yeshwanthpur market from across Karnataka and other states. During former Chief Minister SM Krishna's tenure, the government proposed constructing a mega market at Dasanapura on over 300 acres. However, after land de-notifications and various hurdles, only 67 acres were developed, with 212 shops constructed.

In the Dasanapura market, shops were allocated to over 150 traders six years ago, but the current plan to relocate these shops has led to fresh opposition. "We were allotted shops six years ago, and now the APMC wants us to vacate and relocate them. We are ready for any fight, but we will not give up our shops," said Srirama Reddy, representing the Dasanapura Sub-Market Traders' Association.

Need for one-stop solution

The traders also highlighted logistical challenges for customers. "At Yeshwanthpur, customers can purchase onions, potatoes, garlic, and ginger in one place. If these are moved to different locations, it will be inconvenient for buyers to go to multiple places. Instead, APMC should establish markets in three or four parts of Bengaluru where all commodities can be sold under one roof," suggested Ravishankar. As the debate over relocation intensifies, traders continue to demand better facilities and solutions that address both traffic issues and their business needs.

It's a clean lane

Bangalore Mirror
Double decker flyover turns trash point

BM's story on Monday reported the lack of maintenance at the city's first double-decker flyover, turning it into a trash point

The trash pile-up on the double-decker flyover has been cleared on Tuesday by the officials concerned

BBMP initiates process to renovate city's cattle pound

The Bruhat Bengaluru Mahanagara Palike (BBMP) Animal Welfare Department has begun identifying a suitable location for relocating the cattle pound on Usman Khan Road. In a reply to the letter from the Chief Minister's Office, the BBMP Animal Husbandry Joint Director said that the search is on to identify the suitable location for relocating the cattle pound till the completion of its renovation. "The process of digging a borewell is in progress. We are looking for a suitable location for the cattle pound till the completion of the renovation of the existing cattle pound," the letter read. A work order was also issued by the executive engineer of Chickpet Division to Manjunath and Company for the renovation of the cattle pound on December 13, 2024.

Bangalore Mirror
City's lone pound sheltering stray cattle to prevent them from roaming the streets lacks basic facilities, animals not vaccinated, say animal activists
Cattle class

BM's story on Jan 10 narrated how the city's lone pound, which is sheltering all stray cattle and preventing them from roaming the streets, lacks basic facilities

Arun Prasad, an animal activist, welcomed the BBMP's decision to rejuvenate the cattle pound. "The rejuvenation of the cattle pound must be completed on time and on a priority basis. I want the BBMP Animal Husbandry Department to facilitate a treatment facility at the cattle pound for the welfare of injured stray cattle," he said. Sujaya Jagadish, a member of SPCA, requested that the government or the BBMP supply fodder for cattle at a subsidised price, benefiting the cattle owners' livelihood. "There is no grazing land in Bengaluru. I want the government to provide fodder and drinking water for stray cattle in the city," Jagadish said. **–Y Maheswara Reddy**

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Footpath or foodpath?

Residency Road

The footpath near the Cotton Complex vicinity and foot-over-bridge in Ward 111, Residency Road, is consistently blocked almost daily by food vendor customers, causing inconvenience.

Neglected paths

Marathahalli

The service road in Marathahalli and the roads in Silver Spring Layout have been in a deplorable state for over two years. Despite repeated grievances, authorities concerned have failed to take any action to address the issue.

Cramped street

Bengaluru Railway Station

The parcel office street of Bengaluru Railway Station is in a state of neglect, with poor maintenance and upkeep. This deteriorated condition hampers smooth operations and inconveniences both staff and visitors.

Robbery at gunpoint: 3, including minor, arrested

Bangalore Mirror Bureau
mybangaloremirror
@timesofindia.com
TWEETS @BangaloreMIRROR

A gang of three including a minor was arrested by the City Market police. They are said to have been involved in a robbery at gunpoint of a gold smith and his mother at Chickpet on Friday.

The accused are identified as Ajay Rao (24) and Sunil Singh (18) and the minor.

According to the police, the gang barged into the gold smith's house, when the mother and the son were home and the father was out on a walk. The accused tied their hands, legs and took away 28 grams of gold valuables and a cash of Rs 11,950. The accused also assaulted the duo when they tried to resist the robbery, the police said.

Acting on the complaint, the police analysed the CCTV footage and held the 16-year-old and based on the information he provided, the other two accused were arrested. The police seized valuables, a pistol and three mobile phones. Further investigations are underway.

Fake visa: Man nabbed at airport

A 32-year-old man was nabbed by immigration officials at the Bangalore International Airport on Saturday for trying to board a flight to London using a fake UK visa.

CRIME FILES

The accused, identified as Pradeep Singh, hails from Punjab and works at a private firm. According to the officials, Singh submitted his documents for verification before boarding the flight. The immigration officials verified it and suspecting something was missing, mailed the details to the UK border force career (UKBFCSH) AND British High Commission for confirmation. The two agencies confirmed that Singh was not issued with a Visa.

Investigation revealed that he had forged documents and inserted a fake visa in the passport, getting it done by a tout after offering him some money.

A case has been registered and further investigations are underway.

Truck overturns, causes traffic disruption

A truck loaded with iron pipes overturned early on Monday morning near Budihal Gate under Nelamangala Traffic Police Station, causing significant traffic disruption. Fortunately, the driver escaped with minor injuries, and there were no fatalities.

The incident occurred around 3 am when the truck, traveling from Tumakuru to Bengaluru, lost control and tipped over. As the load of iron pipes scattered across the road, the driver struggled to regain control, leading to the vehicle overturning near Budihal Gate.

The accident caused a traffic jam for over an hour, affecting commuters on this busy route. Nelamangala traffic police quickly responded to the scene, clearing the wreckage and facilitating smooth traffic flow.

Gang barges into goldsmith's house, attacks, ties up him and his mother, escapes with valuables

No horn please: Motorists get lessons in patience

Armed with creative slogans, traffic police take on noisy commuters

Sanjana S
c-sanjana.s@timesofindia.com
TWEETS @BangaloreMIRROR

The Wilson Garden Traffic Police launched an awareness drive to curb honking and promote responsible road behaviour at junctions like Lalbagh Main Road and KH Road. The campaign named 'Honk Responsibly, Drive Peacefully' educated motorists on avoiding unnecessary honking and fostering a quieter, more harmonious commute.

File photo of one of the no-honking drives in the city held in collaboration with traffic police

Creative strategies

More than 10 uniformed traffic officers held placards with messages such as 'Say No To Honking'; 'Honking is Noise Pollution'; 'Don't Honk'; 'Peace Was Never an Option'; 'Silent City, Better City' and others. What set this campaign apart was the use of symbolic gestures to grab attention. Wilson Garden traffic officials stated, "This month is observed as Road Safety Month, and as part of it, we planned to conduct an awareness programme. Considering the large crowds near Lalbagh Main Road for the flower show and at KH Road Circle, these areas became our primary focus for the campaign."

"As part of this awareness drive, we approached individuals who were honking unnecessarily at traffic signals and helped them understand the impact of their actions by letting them experience the noise firsthand. We explained why honking is unnecessary and emphasised on the importance of patience. Once the signal turns green, vehicles will naturally start moving, albeit slowly. However, some impatient drivers honk excessively as if they are in a race," explained a traffic official.

Officials emphasised to motorists that no one should honk in school or hospital zones. "Vehicles don't stop intentionally; they are likely moving slowly due to the situation. We urge everyone to understand this and help reduce noise pollution," said an official.

They also stressed on the health hazards. "Unnecessary honking is not just a nuisance but a health hazard. Bengaluru's decibel levels are already higher than recommended limits, and it's time we act collectively to reduce noise pollution. We want to foster a culture where honking is used only when absolutely necessary."

Rally for safety

As part of National Road Safety Week, the Bengaluru-based biking community, Road Thrill, collaborated with the Upparpet Traffic Police to organise a bike rally focused on promoting road safety and traffic rules. The rally saw the participation of around 70 biking enthusiasts and 15 to 20 police officers, covering areas including Upparpete, Majestic, and surrounding neighbourhoods.

Health concerns

Studies have shown that vehicular noise pollution can lead to both psychological and physiological issues, including anxiety, an agitated heart, and autonomic imbalance.

According to the Karnataka State Pollution Control Board (KSPCB), noise levels in Bengaluru frequently exceed permissible limits. The KSPCB monitors noise pollution across 10 stations in the city to track this issue. In silent zones, where the acceptable noise level is 50 decibels (dB) during the day and 40 dB at night. In residential areas, the Central Pollution Control Board (CPCB) has set noise limits at 55 dB during the day and 45 dB at night, yet these standards are commonly breached.

Honking in the city contributes significantly to noise pollution and can even lead to road rage. As per the Indian Motor Vehicles Act of 1988, unnecessary honking is a punishable offence with a fine.

> **Once the signal turns green, vehicles will naturally start moving, albeit slowly. Some impatient drivers honk excessively as if they are in a race** –Traffic official

The Act further specifies that car horns should be used solely to warn of danger or to prevent accidents while the vehicle is in motion.

Loud horns from trucks and buses can be unbearable for pedestrians. Recently, a social media post went viral showing an innovative approach to addressing this issue. Drivers using excessively noisy horns were made to listen to their own honking at full volume as a form of punishment. During a drive conducted on January 19, traffic officials booked 52 cases of usage of shrill horn; while 2024 witnessed 4,326 cases of shrill horn.

Traffic police officials conducted similar awareness programs on Saturday and Sunday.

IN BRIEF

Chief Minister Siddaramaiah, Deputy Chief minister DK Shivakumar and others unveiled a bronze statue of Nada Devi Bhuvaneshwari at the western entrance of Vidhana Soudha on Monday

1,385 cases of traffic violations in special drive

In an ongoing effort to tackle traffic violations, the Traffic West Division launched a special drive targeting several violations, including triple riding, one-way/no entry offences, footpath parking, and auto refusals on Monday. The operation led to a total of 1,385 cases being registered, resulting in a hefty fine of Rs. 6,79,500.

A total of 131 cases were registered for wrong or no parking, resulting in a fine of Rs. 69,800. Additionally, 247 violations for one-way and no entry offences led to fines amounting to Rs. 1,21,100. There were 24 instances of footpath parking, which attracted Rs. 17,000 in fines. A total of 23 cases of triple riding resulted in Rs. 12,000 in penalties, while 18 auto drivers refusing to go for hire were fined Rs. 7,500. Another 24 cases were registered for demanding excess fare, amounting to Rs. 12,000 in fines. As many as 918 other traffic violations were recorded, with a total fine of Rs. 4,52,100.

The special action also included educating drivers and riders on the importance of following traffic rules. —BMB

Biz on roads narrower than 40 ft will have to shut shop

Guidelines allow businesses to renew trade licence for up to 5 years; no penalty for those paying fee by Feb 28; 25% for those between Mar 1-31; 100% for those paying post Apr 1

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

'The entire renewal process will be conducted online to ensure efficiency and transparency' (file photo)

Trade licenses for shops and business establishments (established after 2015) located in residential areas with roads less than 40 feet wide will not be renewed henceforth according to the Bruhat Bengaluru Mahanagara Palike's (BBMP) latest guidelines.

BBMP officials said that this was being done to ensure better regulation of commercial activities and to maintain the residential character of these neighbourhoods. An official said, "This measure aims to prevent congestion, reduce strain on infrastructure, and address concerns from residents regarding the adverse impact of such businesses on their living environment."

For roads wider than 40 feet, licenses will only be renewed for businesses that are permitted based on area-specific classifications. Additionally, trade licenses will not be renewed for businesses operating in unauthorised structures, buildings violating approved plans, or those utilising parking areas or rooftops for commercial purposes.

A circular issued by BBMP Chief Commissioner Tushar Giri Nath detailed the guidelines for the renewal of trade licenses for the financial year 2025-26. The renewal process will allow businesses to renew licenses for a duration of one to five financial years (April to March) based on their convenience. Renewal fees must be paid for the selected financial year, either online or through a bank challan at Canara Bank, as practiced in previous years.

Businesses can pay the renewal fees without penalty between February 1 and February 28, 2025. Payments made between March 1 and March 31, 2025, will incur a 25 per cent penalty, while payments from April 1, 2025, onwards will attract a 100 per cent penalty. The entire renewal process will be conducted online to ensure efficiency and transparency.

"In compliance with solid waste management and public health regulations, businesses generating over 100 kg of waste must provide proof of in-house waste processing or agreements with empanelled vendors. Kalyan Mantapas must submit written declarations and display compliance with waste management guidelines. Hotels, restaurants, and food suppliers are required to adhere to the plastic ban by providing written compliance statements and displaying anti-plastic-use posters on their premises. Businesses must also maintain separate bins for wet and dry waste, ensuring scientific disposal methods are followed," the circular read.

Additionally, zonal health officers, deputy health officers, and health medical officers have been instructed to oversee the renewal process, ensuring strict compliance with the specified guidelines. With this, BBMP is aiming to facilitate a smooth and transparent license renewal process while prioritising public health, sustainability, and compliance with existing regulations.

'Use architects for urban planning'

Leading architects and designers presented their papers and exchanged ideas on the latest trends in architecture at the second edition of Latitude, hosted by the Indian Institute of Architects—Karnataka Chapter (IIA-KC). Latitude 2025, held on Friday and Saturday, brought together global industry leaders to explore contemporary design trends and innovative solutions, with an emphasis on creating sustainable, well-planned cities.

Architect Mohan BR, Chairman of IIA-KC, in his keynote address highlighted the gap between architectural education and policy implementation, urging the government to integrate professional expertise into urban development plans. "Architects in India have the skills and international exposure necessary for large-scale urban planning. However, the lack of collaboration between architects and policymakers hampers our ability to create mature, sustainable cities. We need long-term, holistic solutions, not just short-term fixes to traffic congestion and infrastructure challenges," he said.

Drawing a parallel to the country's success in attracting international talent for sports, Architect Mueen Haris, Vice-Chairman of IIA-KC, urged similar efforts to incorporate global architectural expertise to uplift urban design standards. The event also marked the launch of the Latitude Design Awards 2025, celebrating excellence in architecture across multiple categories. Special recognition was given to professors from various IIA-KC-affiliated architectural colleges in Karnataka for their contributions to the field.

–Y Maheswara Reddy

BM Trippin' Tales

Consumer Connect Initiative

Madhugiri's cable car project finally gets green light

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

After being stalled for nine years, the cable car project on Madhugiri Hill has finally received approval. Recently, a team completed a survey of the hill and is poised to commence work promptly. Approximately costing Rs 8.40 crore, the project aims to stimulate the local economy and elevate tourism prospects, projecting a positive impact on the region. With construction set to commence shortly, the cable car initiative promises to enhance visitor experience and bolster economic growth in Madhugiri.

Initially proposed in 2015, the project encountered delays due to interdepartmental disputes and logistical challenges. However, Minister for Cooperation & Madhugiri MLA KN Rajanna's intervention and collaborative efforts have resolved these issues, revitalising the project.

Madhugiri Hill, renowned for its cultural and archaeological significance, hosts ancient temples, forts, and diverse structures. The introduction of the cable car is expected to rejuvenate tourism in the area, offering convenient access to attractions like the monolithic stone statue, Bhima's footprint, and Navilu cave.

Travellers have welcomed the move. According to Surendra Kamath, a regular traveller, the introduction of a cable car on Madhugiri Hill is poised to transform tourism in the region, offering visitors a unique perspective on its rich cultural and natural heritage. "The cable car will provide tourists with unparalleled access to Madhugiri's prominent landmark. These attractions are currently challenging to access due to the rugged terrain, but the cable car promises to enhance accessibility while preserving the hill's natural beauty. Visitors will also be able to enjoy panoramic views of the surrounding landscape, creating a memorable experience that encourages longer stays and increased tourism revenue for local businesses," Kamath added.

File photo of Madhugiri fort in Tumakuru

Environmentalists' concern

However, the prospect of increased tourist footfall raises concerns among environmentalists about the potential impact on Madhugiri's delicate ecosystem. The hill is home to diverse flora and fauna, including endemic species that could be adversely affected by overuse and disturbance. Environmentalists stress the need for sustainable tourism practices, urging authorities to implement measures that minimise ecological footprints and preserve biodiversity.

"To address these concerns, the project developers and local authorities must collaborate closely with environmental experts to conduct thorough impact assessments and implement mitigation strategies. This could include designated pathways to minimise off-trail exploration, waste management systems, and educational initiatives to promote responsible tourism behaviour among visitors," said Nayana Gowda, a green activist.

Furthermore, she said that the cable car infrastructure itself must be designed with minimal environmental impact in mind, ensuring that construction activities adhere to stringent environmental regulations. "This includes minimising disruption to local wildlife habitats, conserving water resources, and adopting energy-efficient technologies where possible," Gowda added.

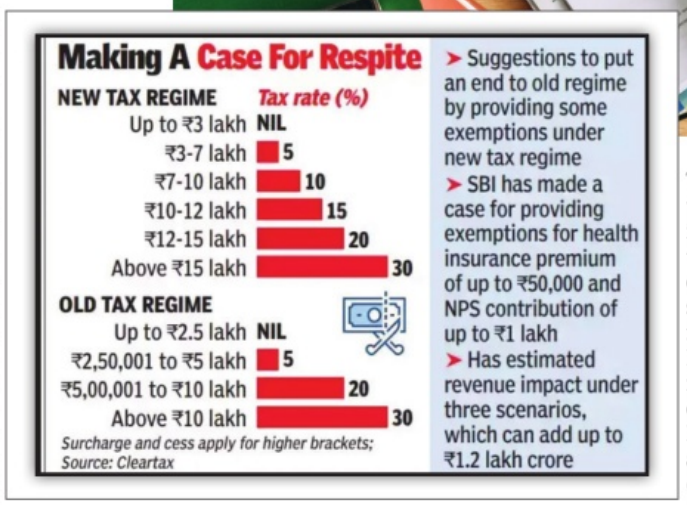
Middle class tax pain to be alleviated this time?

Here's what pre-budget reports have indicated

As the Budget approaches, there is growing anticipation for relief in income tax rates as the middle class taxpayer struggles to find her way through rising prices.

In the run-up to Budget 2025, the government is aiming to keep the new tax regime without additional concessions, while considering adjustments to thresholds and slab structures, ToI reported on January 27.

Income tax rates are typically among the last elements finalised in the Budget process. Leading up to this year's Budget, which will be presented on Saturday, various stakeholders, including companies and economists, have argued for a reworking of tax rates to alleviate the burden on taxpayers, particularly the middle class, in light of sluggish demand. Last year, Finance Minister Nirmala Sitharaman increased the standard deduction for salaried individuals to Rs 75,000 and revised tax slabs, claiming these changes would result in a net gain of Rs 17,500 for taxpayers.


Making A Case For Respite
NEW TAX REGIME
Tax rate (%)
Up to ₹3 lakh NIL
₹3-7 lakh 5
₹7-10 lakh 10
₹10-12 lakh 15
₹12-15 lakh 20
Above ₹15 lakh 30
OLD TAX REGIME
Up to ₹2.5 lakh NIL
₹2,50,001 to ₹5 lakh 5
₹5,00,001 to ₹10 lakh 20
Above ₹10 lakh 30
Surcharge and cess apply for higher brackets;
Source: Cleartax
➤ Suggestions to put an end to old regime by providing some exemptions under new tax regime
➤ SBI has made a case for providing exemptions for health insurance premium of up to ₹50,000 and NPS contribution of up to ₹1 lakh
➤ Has estimated revenue impact under three scenarios, which can add up to ₹1.2 lakh crore

Anticipated changes in standard deduction and slabs

In anticipation of the upcoming Budget, discussions within the government have centered on further increasing the standard deduction. This move is expected to provide significant relief to all taxpayers. Additionally, there is growing pressure to allow middle-class consumers to retain more income, leading to proposals for lowering tax liabilities across various slabs, including higher income brackets.

Calls for increased concessions on health and pension spending

While the government focuses on refining rates in the new tax regime, there are also proposals for enhancing concessions for essential expenditures such as health insurance and pension contributions. This is especially pertinent in India, where individuals, other than government employees, often lack safety nets. A report from the State Bank of India (SBI) advocates for health insurance exemptions of up to Rs 50,000 and National Pension Scheme (NPS) contributions of up to Rs 75,000 or even Rs 1 lakh.

Potential revenue implications of tax rate changes

Should the government choose to retain the peak tax rate at 30% while introducing a 15% levy for individuals with taxable incomes between Rs 10-15 lakh (as opposed to the current 20% for those earning Rs 12-15 lakh), it could result in a revenue loss ranging from Rs 16,000 crore to Rs 50,000 crore annually. Furthermore, if the peak rate is reduced from 30% to 25% for those earning Rs 15 lakh or more, along with the proposed exemptions, the potential revenue impact could escalate to between Rs 74,000 crore and Rs 1.1 lakh crore.

In a third scenario, where both the peak rate is cut to 25% and a 15% levy is applied for those earning between Rs 10-15 lakh, alongside the health and NPS exemptions, the projected revenue loss could range from Rs 85,000 crore to Rs 1.2 lakh crore.

Official stance on concessions, exemptions

Despite these discussions, government officials remain cautious about introducing concessions and exemptions, as they fear it may lead the new tax regime to gradually resemble the previous one. Nonetheless, they suggest that offering taxpayers the option to choose between regimes could be beneficial, allowing individuals to select the approach that best serves their financial interests. **—ET Online**

Ranji: Rahul in K'taka's squad for match against Haryana

India batter KL Rahul is set to make a return to the Ranji Trophy after being named in Karnataka's squad for their league stage match against Haryana, to be played at the M. Chinnaswamy Stadium in Bengaluru from January 30 to February 2.

Rahul was not available for Karnataka's win over Punjab due to an elbow niggle, but is now fit and available for the side in their clash against Elite Group C toppers Haryana, which they need to win to boost their chances of entering the knockouts.

It is also understood that Rahul will practice with the Karnataka team on Tuesday and Wednesday. Rahul, 32, last featured in a Ranji Trophy match back in February 2020 against Bengal at the Eden Gardens in Kolkata. His last domestic red-ball game came for India A during the Duleep Trophy in Bengaluru in September last year.

Rahul's return means Karnataka are full strength for their game against Haryana, with Mayank Agarwal, Devdutt Padikkal and Prasidh Krishna other capped Indian players in the team. Pacer Vidwath Kaverappa has also been named in the squad after recovering from an injury which kept him out of action since the Duleep Trophy in September last year.

Meanwhile, talismanic batter Virat Kohli is slated to train with the Delhi team on Tuesday ahead of his first Ranji Trophy appearance since 2012. IANS had previously reported that Kohli had communicated to the DDCA about his availability for their last group game against Railways, set to happen at the Arun Jaitley Stadium from January 30 to February 2.

Kohli had opted out of Delhi's previous match, where they lost to Saurashtra by ten wickets in Rajkot, due to a neck niggle. But in the past few days, social media was abuzz with visuals of Kohli working under former India and Royal Challengers Bengaluru batting coach Sanjay Bangar at a training facility away from Mumbai.

Other India players set to play in final league phase of the Ranji Trophy include all-rounder Riyan Parag and pacer Mohammed Siraj.**—IANS**

KV Prabhakar, media advisor for Chief Minister, at the awards function

'Subsidies, awards for movies to be sanctioned soon'

The state government has taken measures to sanction subsidies and select movies for awards that were pending for five years for the benefit of Kannada film industry, said Chief Minister's media advisor KV Prabhakar.

At Sri Raghavendra Chitravani Awards function held at MMB Legacy on Sunday, Prabhakar said the state government has constituted committees to select movies for wards and subsidy. "The Chief Minister wants to sanction subsidies for Kannada movies that have been pending for five years. I am aware of the problems of movie producers who have to struggle a lot to complete the movies and release them at theatres," Prabhakar said.

He said the state government has already announced the state film awards for 2019. "I hope the selection process of state film awards for 2019 to be completed in a few days. The committees constituted to select movies for state film awards for 2021 will begin watching movies in a few days," he said.

He said the state government had, for the first time, announced the Rajyotsava Award to a newspaper delivery boy. "I will appeal to the Chief Minister to consider the Rajyotsava Award for Press Relation Officers (PROs) of Sandalwood. I will suggest to the authorities to have one of the PROs as one of the directors of Karnataka Chalanachitra Academy," he said.

Earlier, Sri Raghavendra Chitravani presented an award to upcoming actor Samarjit Lankesh who debuted as a hero in Sandalwood with Gowri that was directed by his father Indrajit Lankesh. Indrajit Lankesh congratulated Sri Raghavendra Chitravani for its contribution to Sandalwood. "I still remember how late Sudheendra and Sudheendra Venkatesh used to visit the Lankesh Patrike Office to handover movie stills those days," he said.

Veteran director Om Prakash Rao was felicitated with Seshadri Memorial Award. Veteran journalist KJ Kumar and veteran producer Meenakshi KV Jayaram were felicitated with Sri Raghavendra Chitravani awards. Other awardees were: Playback singer Anuradha Bhat (Dr Rajkumar award), veteran actress Rekha Rao (Dr Jayamala and HM Ramachandra award), music director Arjun Janya (MS Ramaiah Media and Entertainment award), Jaishankar Aryar (KV Jayaram award), Chandrajit Belliyappa (Hunsur Krishnamurthy Memorial award), lyricist Dr V Nagendra Prasad (PG Srinivasamurthy Memorial award). **— Y Maheswara Reddy**

Siddaramaiah visits Shivarajkumar, inquires about his health

Karnataka Chief Minister Siddaramaiah visited renowned actor Shivarajkumar, the son of Kannada film legend Dr Rajkumar, in Nagawara on Monday to inquire about his health.

The actor underwent surgery at a hospital in Miami, US, where his cancerous bladder was removed. According to the surgeon, Dr Murugesh Manoharan, an artificial bladder was created using Shivarajkumar's intestine.

Speaking to the media after the visit, CM Siddaramaiah said, "I visited Shivarajkumar today to check on his health following his surgery. The day after his surgery, I had called him to inquire, and he informed me that the surgery was successful and that there were no complications." Siddaramaiah also mentioned that Shivarajkumar has expressed plans to resume shooting from next month.

In November, Shivarajkumar had spoken publicly about his illness, acknowledging that he was human like everyone else. While he didn't disclose it was cancer at the time, he said, "At the end of the day, I am a human being. I have a health issue and am currently undergoing treatment for it. I have completed a couple of treatment sessions, and a few more are pending. After that, I will undergo surgery, either in India or the US."

Shivarajkumar was discharged from the hospital in Miami, US, following complete recovery from cancer on January 3.

Nivedita, Shivarajkumar's daughter, had shared a picture showing the actor and family in a relaxed mode. Shivarajkumar stayed back in the US for follow-ups and resting.

Shivarajkumar is expected to begin shooting the Telugu superstar Ramcharan-starrer pan India movie soon.

Earlier, Shivarajkumar shared a video from the US on the first day of 2025, detailing his journey of overcoming cancer and assuring fans of his return.

In the video, he conveyed his New Year wishes to everyone and said, "I am hesitant to speak as I might get emotional at this moment. Leaving Karnataka was a very emotional experience for me. Under these circumstances, fear is inevitable, but the support of my fans has significantly reduced it."

He continued, "The way the doctors took care of me, gave me immense courage. While shooting for the movie '45', I underwent chemotherapy and even filmed the climax fight scene. As the date to leave for the US for treatment approached, I became anxious. However, my wife Geetha and daughter Nivedita stood by me throughout." **IANS**

Spot a cop; stop breaking rules

CONTINUED FROM PAGE 1

adherence to rules. Unlike cameras, cops can assess the context of a situation, distinguish between accidental and deliberate violations, and act in real time to prevent mishaps, experts said.

Alert cop saves cab driver's life

The presence of cameras also acts as a strong deterrent, as motorists are aware that violations will eventually catch up with them, whether through fines or legal action. Traffic officials told BM that cameras have proven effective in reducing accidents and speeding, particularly on high-traffic routes such as the Bengaluru-Mysuru highway and Airport Road, where speeds have notably decreased.

A recent incident highlights the life-saving role of traffic cops beyond enforcing rules. On a busy Saturday morning, a 61-year-old cab driver named Suresh, from Jalahalli, suffered a cardiac arrest while driving on the Laggere Bridge. Despite his critical condition, Suresh managed to park his car by the roadside before almost losing consciousness.

Three alert traffic policemen, ASI Suresh, Abhishek, and Mahboob, attached to Rajajinagar Traffic Station, noticed the driver in distress and rushed to his aid. They pulled him out of the vehicle, attempted to revive him, and called for an ambulance.

Suresh was immediately transported to a nearby private hospital, where doctors confirmed he had suffered both a cardiac arrest and a stroke due to a blood clot in the brain. Following an emergency surgery, his condition stabilised.

The incident, which has been commended by senior police officials, underscores how a cop's presence on the road can extend beyond enforcement to saving lives.

Cameras and cops

While traffic cops provide on-ground enforcement, cameras complement their efforts by enabling broader surveillance. Advanced cameras can track repeat offenders, capture violations like speeding or signal jumps, and help build a database for follow-up action.

"Cameras help in identification of violators involved in speeding, riding without helmets, and other traffic offences. They provide us with accurate, real-time data and help track repeat offenders. During enforcement drives, cameras help in capturing violations that might otherwise go unnoticed," said a traffic police officer.

Experts agree that the balance between technology and human presence is essential for better results. But however, the constant presence of traffic cops on duty can take a toll on their health.

DCP Traffic North Siri Gowri told BM, "We prioritise deploying traffic cops during peak hours and on busy roads because our manpower is limited, and with the growing population and increasing number of vehicles, it will never be enough.

Constant deployment in such conditions, considering the sheer volume of traffic and noise, can negatively impact their health, with some even developing hearing issues." Gowri added that they ensure traffic cops aren't overexposed and take into account their working conditions while making deployment decisions.

1,808 healthcare facilities in state not following rules

CONTINUED FROM PAGE 1

and handlers, increasing the risk of a plethora of infections such as human immunodeficiency virus (HIV), tuberculosis (TB), hepatitis, malaria, syphilis, etc.

If not treated at common waste biomedical treatment centers or captive treatment facilities of healthcare centres, the waste reaches landfills and might lead to the contamination of drinking, surface, and ground waters due to the entry of harmful microorganisms and chemicals.

Open burning or incinerator malfunctioning will result in the emission of toxic gases.

CPCB's report also states that as many as 1,808 healthcare facilities in Karnataka are not complying with the Bio-Medical Waste Management (BMWM) Rules, 2016.

However, only 415 show-cause notices and directions were issued to defaulting healthcare facilities and common bio-medical waste treatment facilities.

"Several reasons exist for this gap in treatment. However, the most important of all are lack of awareness about the health hazards related to healthcare waste and poor implementations of legal framework. If more than 1,800 facilities are not complying with rules, why were notices sent to only around 400? Implementing agencies themselves are unable to comprehend the gravity of the situation," said a city-based solid waste management expert.

As per Bio-Medical Waste Management Rules, 2016, a healthcare facility is not required to install an on-site captive treatment and disposal facility if the service of a common bio-medical waste treatment facility is available within 75 km from the healthcare facility.

The rule specifies that the state pollution control board should ensure that all biomedical waste generated from healthcare facilities is treated and disposed of in line with BMWM Rules, 2016.

As per the CPCB report, Karnataka has 26 common treatment facilities and 54,594 healthcare facilities. While 29,013 healthcare centres are utilising common treatment facilities, 1,581 have captive treatment facilities, leaving 24,000 healthcare centres with no means of BMW treatment.

About 743 tonne/day of biomedical waste was generated in the country, out of which 694 tonne/day was treated and disposed of through common treatment facilities and captive treatment facilities.

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CHANGE OF NAME

I, Kirankumar Akki R/o 277, Chikkakuravatti Complete, Ranebennur, Haveri 581115 present camp Bengaluru have changed my name to Kirankumar Channaveerappa Akki, Affidavit Dt.27/01/2025 notary Harisha G, B'luru

I, Sudeepa R/o 4-46, Gillali, Hebri, Udupi 576112 present camp at Bengaluru have changed my name to Sudeepa Bhaskara Shetty Affidavit Dt.27/01/2025 notary Harisha G, B'luru

I, TASHA NARENDRA SINGH WALDIA, D/o Narendra Singh Waldia, residing at House No.8, 1st Floor, Subbaiyah Layout, Near SBI Bank, Dodenakkundi, Bengaluru-560037 have changed my name to TASHA WALDIA, vide affidavit dt: 27-01-2025 sworn before notary Anand Kumar.J, Bengaluru.

I Suresh B, S/o. T Balaram, aged about 58 years, residing at No.103, 2ndBlock, BSK 6th Stage, Bangalore 560098. I have changed my name to SURESH BALRAM , VIDE AFFIDAVIT DATED:20.01.2025 before notary S R THULASIKRISHNA, Bangalore

I, SHRINIWAS ARKAL, Residing at No 161, 3rd Cross, RR LYT, Bannerghatta Road, Nyanappanahalli, Bangalore -560076, Have changed my name to SHRINIWAS RAJMAL ARKAL, vide affidavit dated 25/01/2025 sworn before Notary Aravind Patil G.G Bangalore

I, Shah Manishkumar Babulal R/o No.31, 13th main, Kurubarahalli, JC nagar, Bengaluru 560086 have changed my name to Manish Kumar Jain Affidavit Dt.27/01/2025 notary Harisha G, B'luru

I, Anuradha V W/o Manish Kumar Jain R/o No.31, 13th main, Kurubarahalli, JC nagar, Bengaluru 560086 have changed my name to Anuradha Jain Affidavit Dt.27/01/2025 notary Harisha G, B'luru

I, Shwetha V W/o Krishna Prasad K R/o #206 K No-612/87,15 Lotus Trinity Apts Akshayanagara 4th Cross Rd Bommanahalli B'lore-560068 have changed my name to V Shwetha Shetty.

I, Hamsalekha Hebur Sanjeevmurthy W/o Pramod N R/o Flat No-208 Sampigehalli Yelahanka B'luru-560064 have changed my name to Hamsalekha Honnashettyhalli Sanjeevamurthy.

I Vibha Hareesh Gowda D/o L Hareesh Babu, R/o F-201 Jeevitha Residency, #398 RHCS Layout Srigandhadakaval Bluru-560092 have changed my name to Vibha Hareesh for all purposes.

I, Venkata Subrahmanya Krishna Praneeth Emani S/o Satish Kumar Emani R/O C38,Radisson Blossom,Mandul Village,Budigere Road,B'luru 560048 have changed my name to Krishna Praneeth Emani.

I, Shobha Dilip W/o Dilip Gowda Sadanandappa R/O No 47,Pipe Line Road, Rpclayout, Vijayanagar, B'luru, 560040 have changed my name to Shobha Shivajja Thippeswamy for all purposes.

I, HARIJANA SURESH s/o Ganganna R\a G/F, 3rd cross, Basaveshwara Layout, Nagashettyhalli, Bengaluru-560094. I have changed my name to SURESH GAJJELA. vide Affidavit dated on 27/01/2025 Sworn Before Notary Kodi Nagappaya Bangalore.

LOST & FOUND

LOST: I, AJIT MANI, S/o Late Dr. V K Mani, residing at Little Pearls Apartment, Flat TF-1, 3rd Floor -1, 18, Lewis Road, Balaji Layout, Cooke Town, Bengaluru-560084, Karnataka, have lost my Original Sale Deed of above said house Registered document No. # 614/01-02 dated 21/5/2001, regarding this i have given a police comp laint. If anybody found please contact 98450 54544 or handover to the nearest police station.

I, F Athiq Ur Rahman, residing at # 150 12th Cross, Sada Shiva Temple Road, St. Thomas Town, Bengaluru -560084, have lost Original Khata Cerificate issued in the name of Gopalakrishna BDA/JPN/9/3/130/09-10, Site-130 of J.P Nagar 9th phase 3rd Block, 20X30 sqft on 12.06.2024 at Lingarajapuram. Finders please Contact: 8553432525

DOCUMENT LOST

Property Sale Deeds 1) Document No.2834/1982-83 and 2) Document No.488/1986-87 have been lost inadvertently at Wilson Garden, Bangalore recently. In this regard complaint has been lodged at Bangalore City police Station on 25.01.2025. If anyone found the same please contact: Syeeda Musarath Unissa, M: 8892482271.

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Have a fruit at least half an hour before your lunch and it will satiate your post lunch cravings

CAN YOUR LOVE LAST?

The 3-6-9 relationship rule may have the answer

How many times have you sat down with your girlfriends over Sunday brunch, mimosas in hand, gushing about the guy you just met online? "He's so nice. He sends me good morning texts and is looking for something serious - it's like he's made for me!" Fast forward a month, and you're back at brunch, but this time, instead of swooning, you're venting about how the universe is clearly playing a cruel joke, sending you yet another 'lesson' wrapped in a man-shaped package. Sound familiar? We thought so!

What if we told you there's a cheat code to avoid this entire charade? While we can't predict the future (we're not psychic, after all), there's a little trick that could tell you if your latest fling is about to turn into your forever – and it's all about the 3-6-9 rule. Never heard of it? Well, that's what we're here for!

In simple terms, this rule is based on the idea that every relationship goes through three key phases: 3 months, 6 months, and 9 months. Keep reading as we break down what you can expect at each stage.

The Honeymoon Stage

Ah, the honeymoon stage – the one we all know, love, and can't get enough of. It's the butterflies in your stomach, the thrill of discovering shared quirks, endless dates filled with laughter, and, if you're ready, some seriously fun between-the-sheets moments. This phase is all about soaking in the excitement and figuring out if this person truly makes your heart skip a beat.

The Conflict Stage

Welcome to the third to ninth month – where the honeymoon haze lifts, and you start seeing the real sides of each other, quirks and all. Maybe they practically live in sweatpants, or they have a knack for showing up late to everything. Arguments will crop up (more often than you'd like), leaving you questioning what happened to your once romcom-perfect relationship. But don't panic! Driving each other a little crazy is par for the course, and this stage is where the magic of real growth begins.

The Decision Making Stage

First off, congrats on making it past the conflict stage! If you're still feeling stuck in a cycle of constant disagreements, though, it might be time to reconsider. Now that you've hit the nine-month mark, take a moment to ask yourself: Are these arguments just part of the process, or are they making you seriously question your relationship? Channeling those One Tree Hill vibes – when all your dreams come true, is this person someone you want by your side? If your gut says something isn't right, it's worth listening to. If it says, "This feels like the one," then you're probably on the right track!

At the end of the day, every relationship has its own timeline – so while the 3-6-9 rule is a great framework, it's not set in stone. The key is allowing your connection to grow at its own pace. And hey, if you find yourself stuck in an endless loop of bad dates, at least you've got weekend brunches with your girls to vent, recharge, and get back out there with a fresh perspective!

—Sharon Dsilva, Femina

All you need to know about...

Pain

What is pain?

To understand why people feel pain, it helps first to understand what pain is. Pain is the unpleasant sensation you feel when your body is experiencing harm, or thinks it is.

Not everyone experiences pain the same way. Pain is a highly personal experience influenced by a variety of biological, psychological and social factors. For example, research has shown differences in the pain experiences of women and men, young and older people, and even across people from different cultures.

Danger signals

A network of nerves similar to wires runs all through the human body, from the tips of your fingers and toes, through your back inside the spinal cord and up to your brain. Specialized pain receptors called nociceptors can be found at the end of the nerves on your skin, muscles, joints and internal organs.

Each nociceptor is designed to activate its nerve if it detects a danger signal. One way scientists classify nociceptors is based on the type of danger signal that activates them.

Mechanical nociceptors respond to physical damage, such as cuts or pressure, while thermal nociceptors react to extreme temperatures. Chemical nociceptors are triggered by chemicals that the body's own tissues release when they are damaged. These receptors may also be triggered by external irritants, such as the chemical capsaicin, which gives chili peppers their heat.

Finally, there are the nociceptors that are activated by a combination of various triggers. For example, one of these receptors in your skin could be activated by the poke of a sharp object, the cold of an ice pack, the heat from a mug of cocoa, a chemical burn from household bleach, or a combination of all three kinds of stimulation.

—The Conversation

MIRRORLIGHTS

What is Guillain-Barre Syndrome? Know when to seek treatment

Tingling, weakness of hand-grip or foot drop could signal Guillain-Barré Syndrome (GBS), said health experts on Monday, even as the reported cases spike to over a 100 in Pune, Maharashtra.

GBS is a serious illness that often progresses rapidly, making the patient bedridden in a few days. It is associated with damage to nerves causing severe weakness of limbs, trunk, and face.

It is often followed by a bacterial or viral infection (such as diarrhoea causing Campylobacter Jejuni bacteria or viral infections like dengue or chikungunya), that wreaks havoc on the nerves.

In people afflicted with GBS, the immune system mistakenly attacks healthy nerves outside the brain and spinal cord, leading to weakness and, sometimes, paralysis, or even death.

"GBS is a very rare but potentially paralysing nerve disorder caused by the immune system mistakenly attacking the body's own nerves. It is often triggered by gastrointestinal or respiratory infections," Rajeev Jayadevan, Chairman of the Kerala State IMA Research Cell, told IANS.

Campylobacter, a bacterial gut infection that spreads through contaminated food and water, has been linked to the current outbreak. The symptoms of GBS typically include gastrointestinal issues like nausea, vomiting, and diarrhoea before GBS onset.

The condition causes "weakness that is progressive, later involving the upper limbs, and can also affect the muscles involved with breathing," the expert said. However, it is important to note that the vast majority of infections do not result in GBS, said Jayadevan, also a Kochi-based gastroenterologist.

"Improving sanitation, water, and air quality, along with general measures to reduce the spread of infections in communities, can help lower the risk," he said.

When to seek medical help? The illness often starts suddenly and can progress over 4 weeks. Some patients may experience rapid worsening, while others may progress more slowly.

While prompt diagnosis and treatment of GBS are crucial, with delays potentially leading to worse outcomes, the symptoms are often common, related to other diseases, and may not always end up as GBS.

"If someone develops new-onset tingling sensation and weakness, especially in the legs with difficulty walking, they should seek immediate attention at a hospital with advanced facilities," Jayadevan told IANS, adding that "facial weakness can appear with drooping of the eyelid (ptosis) or a smile involving only one side of the face".

—IANS

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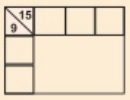
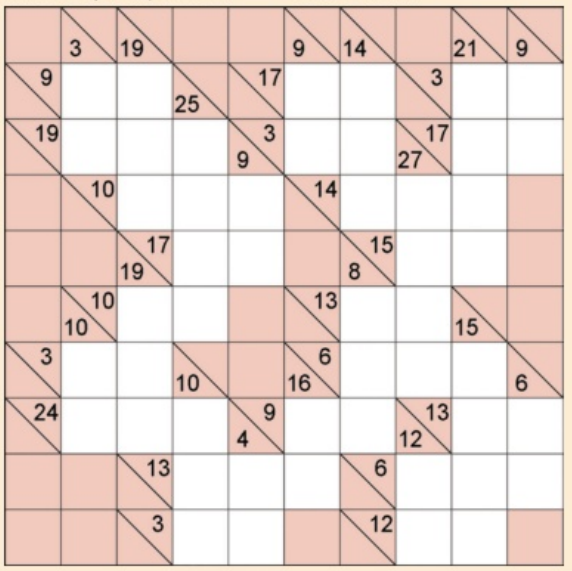
Kakuro

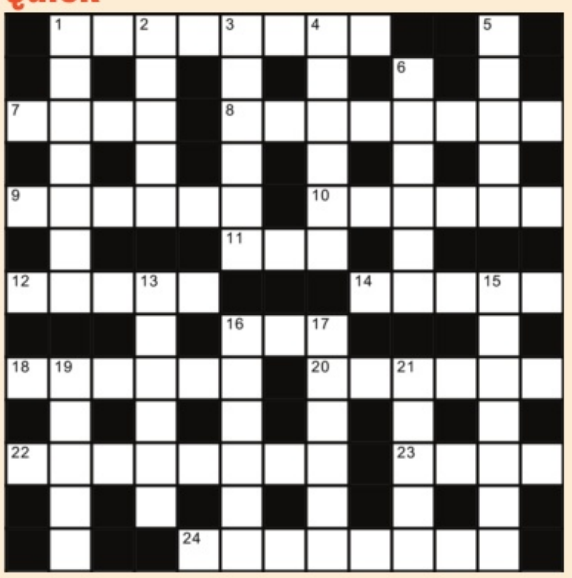
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 A soldier or an infantryman (3-2-3)
7 Closed (4)
8 Causing sickness (8)
9 Incidents (6)
10 Bite, gnaw or chew? (6)
11 Horizontal Situation Indicator (3)
12 Find fault with (5)
14 A visual display of information (5)
16 Common lodging house, bed (3)
18 Physical injury (6)
20 Leave ___ : leave unfinished? (6)
22 Outline (8)
23 Responsibility (4)
24 Volcanic outburst (8)

DOWN

1 Ham coin anagram for a Red Indian? (7)
2 Out? (3,2)
3 The end; complete (6)
4 Past pupils (6)
5 At the same level (5)
6 M in M.P. or M.L.A.? (6)
13 Daniel Defoe's Robinson ___ (6)
15 Short-legged flightless bird (7)
16 Former German emperor (6)
17 __ __ with : bears or tolerates? (4,2)
19 R in RCB (5)
21 Former India skipper (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS T

DITIH QIIC OC EKFB FBI VZDININ. XHLW FBIU XZED FZ GZOH YITIY.

Linemaro

When I first saw you I looked for a signature, because every masterpiece has one

Mindchow

Fashion your life as a garland of beautiful deeds

Joke of the day

A toothless termite walked into a tavern ...and said, "Is the bar tender here?"

Loop

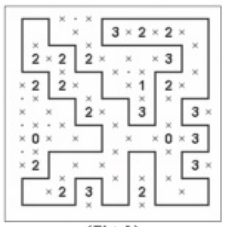
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

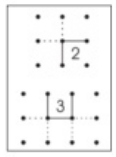
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

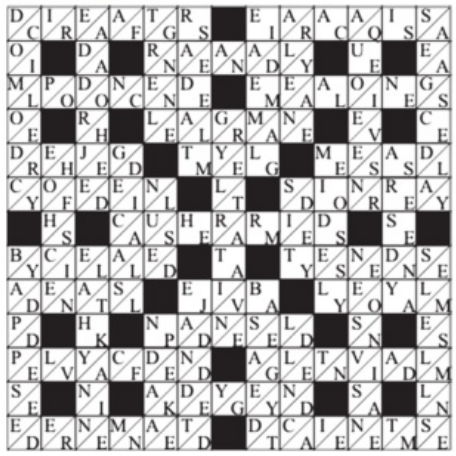


(Fig A)



(Fig B) Not Allowed

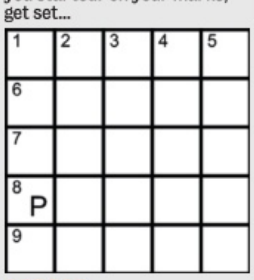
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

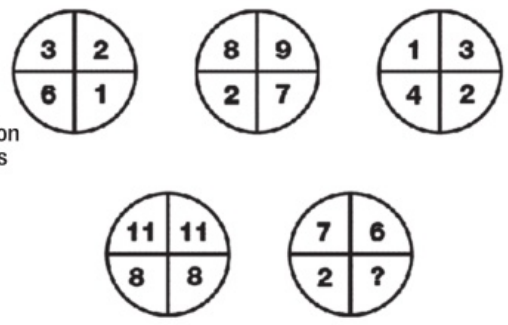
1 Strad; 6 Tores; 7 A wear; 8 Nepal; 9 Tesla

DOWN

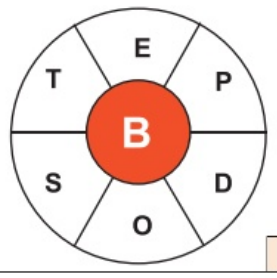
1 Parts; 2 Lower; 3 A Nasa; 4 Tread; 5 Sleet

Mensa puzzle

Which number replaces the question mark and completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

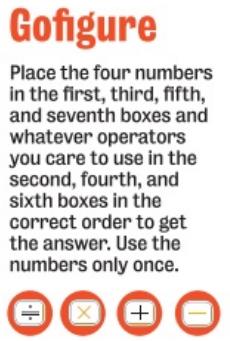
SudokuChallenge

		5	6		2	4		
		4		9		1		
	8			1			7	
7			4	5	9			6
5			8	2	6			9
	2			6			4	
		8		7		5		
		7	2		3	9		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

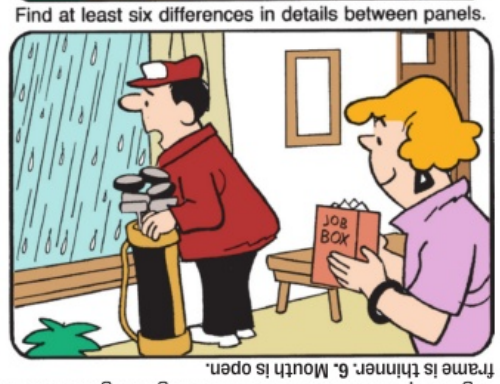
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Golf bag is different. 2. Club is added to bag. 3. Paper is added to box. 4. Earring is larger. 5. Picture frame is thinner. 6. Mouth is open.

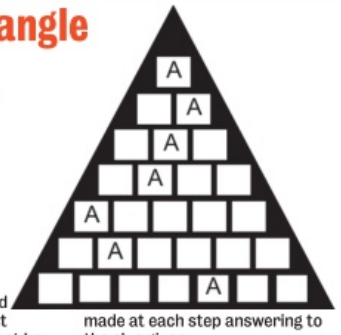
Riddler

In this teaser, you have to find the odd ones out in the groups of words. BUT WAIT! There's a catch. Each group of words has TWO words which do not belong. Can you find them both? EXAMPLE: Lily–Jane–Tulip–Rose. Jane does not belong as it's the only one which is not a flower. Tulip also does not belong because it's the only one which is not a girl's name

1. Dodge–Ford–Lincoln–Hoover
2. King–Earl–Knight–Bishop
3. Yellow–Green–Dead–Black

Alpha triangle

1 First letter
2 Radium symbol
3 Musical aptitude
4 Meter reading
5 All het up
6 More just
7 Chorus

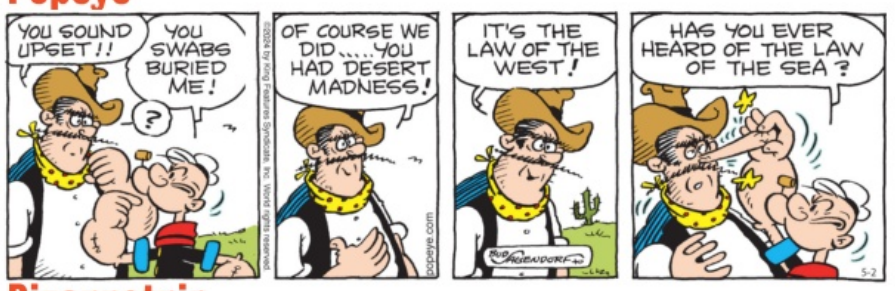


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


YOU SOUND UPSET!!
YOU SWABS BURIED ME!
?
OF COURSE WE DID.....YOU HAD DESERT MADNESS!
IT'S THE LAW OF THE WEST!
HAS YOU EVER HEARD OF THE LAW OF THE SEA?
popeye.com

Bizarrotrip

I woke up this morning
Feeling so low down,
Everybody forgot me
Since that cicada came to town...
Wayno & Piraro 10-23-24
THE STINKBUG BLUES
©2024 Bizarro Studios Dist by King Features BIZARRO.COM

Diamond Lil

AND NOW TONIGHT'S MOVIE, "THE AMAZING COLOSSAL SCOUTMASTER"
THAT IS THE BIGGEST KNOT I'VE EVER SEEN
©2024 creators.com 10/23
www.creators.com

Hart of the city

WANNA SEE THE "MAMMA MIA!" DOUBLE FEATURE THIS WEEKEND? IT'S THE LAST SHOWING, AND THE EIGHTH GRADE DRAMA CLUB IS GOING.
"MAMMA MIA!" DOUBLE FEATURE??
WE GOTTA GO!
BUT MY MOM WON'T LET ME GO TO A PG-13 MOVIE WITHOUT HER.
SAME. KNOW ANY DELINQUENTS WHO CAN HELP US GET IN?
I JUST MIGHT.
CONTACTS
SHARI ROTH
CELESTE B.
CHARLOTTE
DEAN TATULLI
HEART OF THE CITY © 2024 AUDREY'S MOMENT

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is a good day. New income sources may open up for you today, and past investments could yield significant profits, boosting your bank balance. You might connect with a social organisation, expanding your network. Singles could find a potential soulmate for marriage.

Taurus Apr 21 – May 20
You may see instant gains in business today, boosting both your confidence and finances. However, try to avoid stress in domestic life. Momentum in your professional and business fronts is likely, enhancing your prestige. Chanting mantras or meditating could bring peace and clarity.

Gemini May 21 – Jun 21
Blessings from elders may boost your confidence today. Following your intuition can help you succeed at work and gain financially. A visit to a religious place with family may be on the cards. But you are advised to be mindful of your arrogance to maintain harmony at home. Students might achieve good results with a bit of luck.

Cancer Jun 22 – July 23
Today, the day may not be favourable for you. You might feel dull or unhappy. Unexplained fears could trouble you, and you might be drawn to occult subjects. A lack of confidence could impact your work. It is advised that you avoid rash driving and risky adventures for safety.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon. Love will fill the air today; singles may find a suitable match, and personal relationships will flourish. Professionally, you will do well with support from friends and subordinates. This is a day for progress and positivity.

Virgo Aug 24 – Sep 23
Today is good. You may successfully balance earnings and expenses today, boosting your bank balance. Your professional performance might improve, leading to new responsibilities or even a promotion. Stuck funds may be recovered now, and you will also manage to overcome hidden opponents effectively.

Libra Sep 24 – Oct 22
You may feel rushed today, so driving carefully is advised. Elders' blessings can help you navigate any challenges. Positive results may arise from new partnerships. Romantic vibes will strengthen your love life, bringing harmony to your domestic sphere. Lovebirds will enjoy joyful moments. Students could receive good academic news.

Scorpio Oct 23 – Nov 22
Today is mixed. Lack of sleep might make you dull; this may make you feel scattered and less focused on your goals, affecting work efficiency. A visit to a religious place may bring solace. By evening, blessings from elders may help you identify mistakes and plan better for the future. You must prioritise your parents' health today.

Sagittarius Nov 23 – Dec 22
Today, your supportive subordinates may help you complete pending tasks. Attending a social event could expand your network, benefiting your personal and professional life. You might plan an outing with friends, and any past disputes with them may be resolved. Students are advised to stay focused and avoid carelessness.

Capricorn Dec 23 – Jan 20
Today is a good day for you. Your communication skills will shine today, aiding your professional success. Being polite with those around you could help accelerate projects. Lovebirds may exchange meaningful ideas, strengthening their bond and laying the groundwork for a solid relationship.

Aquarius Jan 21 – Feb 19
You are blessed by the moon today. New partnerships may bring financial benefits. Your energy and enthusiasm will be at their peak, leading to tangible rewards for your hard work. Your self-respect will help you stay away from negative influences.

Pisces Feb 20 – Mar 20
You may feel dull and unhappy today. You are advised to avoid harsh conversations with family and friends to maintain peace. Your efforts might not yield the desired results, but trust your intuition to guide you through. You must stay calm and patient, as better days lie ahead.

KIDZONE

Ashwin T, 12 years, St. Jhon's High School

Miraya Kapai, 9 years, Inventure Academy

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER 1. Hoover does not belong as it's the only one which is not a Car Manufacturer; Dodge does not belong as it's the only one which is not the last name of a President of USA; 2. Bishop does not belong as it's the only one which is not a class of nobility, Earl does not belong as it's the only one which is not a Chess piece 3. Bead does not belong as it's the only one which is not a color, Green does not belong as it's the only one which is not the name of a sea.

FAST FIVE

T	R	A	D	S
R	O	S	E	T
A	W	A	R	E
P	E	N	A	L
S	L	A	T	E

BULL'S EYE debt, best, bode, BEDPOST — SOLVE IN 1M: = 4×27-16×1-36 = 108-52 = 56

QUOTE UNCODE Never keep up with the Joneses. Drag them down to your level.

STRIKE OUT

C	R	A	F	T	S		I	R	A	Q	I	S		
O		D		R	A	N	D	Y		U		A		
M	O	O	N	E	D		E	A	L	I	N	G		
	E		K	E	Y	E	D		A		L			
P	L	A	C	E	D		G	E	N	I	A	L		
E		N		L		N		E						
P	H		P	A	N	E	L							
A	N	T	S		J	I	B		L	O	A	M		
Y	I	E	L	D		T		T	E	E	N	S		
	S		A	S	H	A	M	E	D		E			
Y	O	D	E	L		L		S	O	R	R	Y		
D	E	E	D		T	E	L		M	E	A	L		
E		R		E	A	G	A	N		V		E		
S	C	E	N	E	S		N	I	B	B	L	E		
	I		I		M		M		A					
G	H	U	T		N	A	U	S	E	O	U	S		
O		O		I		L		M		O				
M	A	N	O	F	W	A	R			E				

QUICK

												L		
						E	R	U	P	T	I	O	N	
					E									
					A									
S	Y	N	O	P	S	I	S		O	N	U	S		
O		S		I		T		H		G				
T	R	A	U	M	A		U	N	D	O	N	E		
		R		K	I	P				E				
K	N	O	C	K		G	R	A	P	H				
A								H						
S	C	E	N	E	S		N	I	B	B	L	E		
	I		I		M		M		A					
S	H	U	T		N	A	U	S	E	O	U	S		
O		O		I		L		M		O				
M	A	N	O	F	W	A	R			E				

MENSA PUZZLE

1	7	5	6	8	2	4	9	3
3	6	4	7	9	5	1	2	8
2	8	9	3	1	4	6	7	5
7	1	2	4	5	9	8	3	6
5	4	3	8	2	6	7	1	9
8	9	6	1	3	7	2	5	4
9	2	1	5	6	8	3	4	7
4	3	8	9	7	1	5	6	2
6	5	7	2	4	3	9	8	1

5. Take values in the top left and centre circles and put their sum in corresponding segments of the lower left circle. Take values in the middle and right hand circles, and put their difference into corresponding segments of the lower right circle.

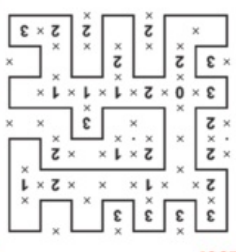
SUDOKU

6	5	7	2	4	3	9	8	1
4	3	8	9	7	1	5	6	2
9	2	1	5	6	8	3	4	7
5	4	3	8	2	6	7	1	9
8	9	6	1	3	7	2	5	4
7	1	2	4	5	9	8	3	6
2	8	9	3	1	4	6	7	5
3	6	4	7	9	5	1	2	8
1	7	5	6	8	2	4	9	3

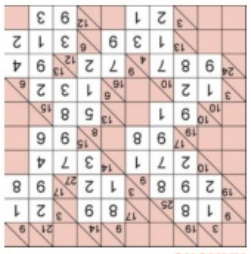
ALPHA TRIANGLE A, Ra, Ear, Fare, Affire, Faire, Refrain.

GO FIGURE Easy
3 + 9 + 8 + 7 = 27
Medium
4 \ 2 + 7 + 1 = 10
Hard
9 x 9 + 7 \ 2 = 44

LOOP



KAKURO



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 # Padma award pending...
An upset Sonu Nigam lists Kishore Kumar, Alka Yagnik as India's 'pending Padma Awardees'

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Feel good movie

Nodidavaru Enantare is set to arrive in theatres on Friday. Naveen Shankar, known for Gultoo, Hondisi Bareyiri, and Dharani Mandala Madhyadolage, plays the lead in the movie that is said to be a mix of emotions, love, and betrayal.

Nodidavaru Enantare is Kuldeep Cariappa's second film as a director after BTS. "My second movie is a feel-good movie that has all elements to entertain the audiences. We are planning to release the movie at around 100 screens across Karnataka," said Cariappa.

The director said Naveen has worked hard during the shooting. "I am sure audiences would like Naveen's performance," he said.

Nagesh Gopal has bankrolled the movie while Apoorva Bharadwaj is paired with Naveen.

Naveen said that he was on a diet for two months to shed weight. "It was tough to be on a diet for two months, including a liquid diet for one week. It was a good experience," said Naveen.

Adhipatra on Feb 7

Roopesh Shetty-Jahnavi starrer Adhipatra is scheduled for release on February 7. The movie is directed by Chayan Shetty who debuts in Sandalwood as a director with this movie which is expected to showcase the customs and traditions of South Canara region in Karnataka. The movie's teaser was released six months ago, and it got a good response from moviegoers.

"We are planning to unveil the trailer of this movie at a hotel in Shivamogga on Monday evening. I am sure of the movie's success at the box office as Roopesh Shetty has acted well. Prior to this, I used to make short films and advertising films," said director Shetty.

The director said the movie will also showcase Aati Kalenja tradition. "The movie has turned out well. I thank and appreciate the cast and crew of the movie for their cooperation and hard work. The movie belongs to the suspense thriller genre."

On the occasion, Jahnavi said that Adhipatra is her maiden movie as a heroine. "I am very happy to be part of this team which is professional. The content of the movie is very good. I play Bruhathi in the movie," said Jahnavi. Roopesh said that he plays a police officer in the movie.

Down memory lane

Priyanka Chopra has delivered some memorable hits during her Bollywood career spanning more than two decades. Recently, the dive took to her Instagram handle and dropped a gallery of pictures, featuring various adorable Amul advertisements dedicated to her career.

These Amul ads were based on some of Priyanka Chopra's popular movies including "Barfi", "Dostana", "Don 2", "Dil Dhadakne do", "Mary Kom", and her Hollywood show "Quantico". Amul also did an advertisement for one of her red-carpet appearances at the Met Gala in a brown Ralph Lauren trench coat gown.

Sharing the post, PeeCee revealed that each of these movies has a special place in his memory. The stunner wrote, "So fun to see some of my career reflected by these Amul ads. Came across them on my feed and it took me back.. way back. Each one of these moments is etched in my memory."

On another front, Priyanka Chopra and Mahesh Babu's forthcoming drama, tentatively titled "SMB29" has already created a lot of buzz. The Telugu project will be made under the direction of the 'RRR' maker SS Rajamouli. —IANS

Rashmika Mandanna talks about getting into a character

'SWITCHING PERSONAS IS TRICKY'

Basking in the success of "Pushpa 2: The Rule", Rashmika Mandanna will next be seen as Maharani Yesubai in the highly-awaited "Chhaava" opposite Vicky Kaushal. As the actress is receiving a lot of appreciation for her portrayal in the historical movie, Rashmika Mandanna opened up about her process of characterization.

Speaking about adapting a certain character, Rashmika Mandanna said, "Switching personas is tricky, especially when I'm doing three to four films at the same time. I've realised that surrendering myself to my directors and co-actors really helps. When you try to do everything yourself, there is always going to be a bit of 'you' in the character. But, when you fully trust your director and co-actors, their knowledge and confidence filter through in your performance."

The 'Animal' actress further added, "Of course, there's always a part of you in the character because it's your emotions and mind processing everything. But you mask all that with what the director has written and the energy your co-actors bring, and that's what shapes the character."

Meanwhile, "Chhaava" is a cinematic adaptation of the Marathi novel "Chhava" by Shivaji Sawant. It sheds light on the political turmoil after the demise of Shivaji Maharaj when Shivaji Sambhaji decided to take over the empire.

With Vicky Kaushal as Shivaji Sambhaji, "Chhaava" also has Rashmika Mandanna as Maharani Yesubai, Akshaye Khanna as Mughal Shahenshah Aurangzeb, Ashutosh Rana as Sarsenapati Hambirao Mohite, Divya Dutta as Soyarabai, and Diana Penty as Zinat-un-Nissa Begum, Aurangzeb's daughter.

Helmed by Laxman Utekar, "Chhaava" is slated to release in the theatres on 14th February 2025.

Aside from "Chhaava", Rashmika Mandanna is set to appear in several other major releases this year, including "Kubera" featuring Dhanush, "Sikandar" opposite Salman Khan, "Rainbow" starring Dev Mohan, "Thama" alongside Ayushmann Khurrana, "Animal Park" with Ranbir Kapoor, "Pushpa 3" co-starring Allu Arjun, and "The Girlfriend" —IANS

Chilling like a mom

Deepika Padukone is enjoying her newfound motherhood to the fullest ever since the birth of her daughter Dua Padukone Singh.

She was born in September this year and it was much after that that Ranveer Singh and DP announced her name by sharing her first glimpses (that of her feet). The actress has shared a picture which is a representation of how she spent her Sunday.

It shows people watching TV and chilling at home while sleeping and having pizza. Deepika shared this and wrote, "How did they know how I spent my Sunday?" Now isn't this quite an adorable way of DP to share her Sunday plans.

Meanwhile, Deepika left everyone surprised and in awe as she made her comeback post the birth of her baby girl as she walked the ramp for Sabyasachi Mukerjee as he completed 25 years. On the movie front, there's not been any update from Deepika but rumours suggest that she will be back on a set with the sequel to 'Kalki 2898 AD'.

As 2024 got over, Deepika shared an inspiring note for women who became mothers in 2024 just like her, and spread positivity.

The note read, "Mums who gave birth in 2024, remember this... when you see everyone's highlight reel (Instagram Reels) at the end of the year, remember your body GREW and BIRTHED a whole human this year! Nothing tops that." Deepika was last seen in Singham Again. —ETimes

Time with the baby

New mom Richa Chadha, who gave birth to daughter Zuneyra last year, is busy tending to mommy duties these days. Her husband Ali Fazal too, is a hands-on father and makes sure to stay with his wife and little one as often as possible.

In a recent interview with Faye D'Souza on her YouTube channel, Richa revealed that she was on a full maternity break after her daughter's birth, her husband too wanted to be with both of them.

However, he did not receive much support and was asked questions like, "Haha, You really want it?". Eventually, some of Ali's shoots got postponed, thus enabling him to stay at home for a longer time.

Richa Chadha and Ali Fazal, recently travelled to Delhi, marking their first trip away from their six-month-old daughter, Zuneyra Ida Ali. Zuneyra stayed in Mumbai under the care of her grandparents, with the couple explaining their decision not to bring their daughter to Delhi, citing concerns about "the weather and the pollution." —ETimes